the Lions' Pride
Of Saint Leo University

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Express the inexpressible

The inexpressible is present on the Saint Leo campus in the form of music.

Photograph by Natasha Fredericks Klein

Last semester, the Valerie Gillespie Jazz Quartet performed for the students.

BY JENNIFER REILLY
Lions' Pride Staff Writer

SAINT LEO - English critic and novelist, Aldous Huxley, once stated "After silence, that which comes nearest to expressing the inexpressible is music."

This form of expression is present on the Saint Leo University campus, and it is not that hard to find and participate in. Saint Leo's music department offers students the opportunity to play in small instrumental groups such as private lessons, chamber music, chorus, string ensemble, and concert band.

All of the preceding courses are one credit, repeatable classes. Scholarships are available to incoming students who may audition in the spring, either by tape or in person. Often, a student is not required to own an instrument to play in a musical ensemble because the school has a large collection of instruments.

Private lessons are provided for a vast range of instruments including woodwinds, brass, percussion, voice, guitar, strings, and piano for a fee of $288. These lessons include ten half hour sessions and are taught by trained instructors.

"I enjoy private lessons. They help me improve my musical talent, says Saint Leo student Tim Trevino. "Because I am taking bassoon lessons, my counting is improving on trumpet."

Chamber music courses consist of small instrumental groups including brass quintet, woodwind quintet, percussion ensemble, and string quartet. Students are placed in these groups by auditions and are required to play in one recital per semester.

Concert band is the largest musical ensemble and consists of approximately 18 people. It plays a wide range of music including marches, serenades, overtures, and arrangements featuring student soloists.

The band will perform on April 20 in Selby Auditorium. Songs planned for performance include, *Russian Easter Overture*, *Shenandoah,* and *The Prince of Egypt*.

This band has a lot of promise with its enthusiastic students and director, Dr. June Hammond. Because it is not competitive, Saint Leo's concert band attracts a lot of musicians who are not planning to major in music.

"At my high school, we competed a lot so having a music program was very important to me when choosing a university," says freshman Alisa Santiago.

Trumpet player, Nancy O'Dell adds, "We play because we like to. We don't have to; it's just for fun. No competition."

Each musical ensemble is hoping to add more students with this spring's auditions. Student musicians are anticipating the development of a new music building. The University is beginning plans to build an auditorium as an extension to The McDonald Center. This auditorium will house all music classes and performances and give the students better resources, which will encourage more people to express their musical talent. The new auditorium would also house the free performances sponsored by the music department.

Last semester the Valerie Gillespie Jazz Quartet and the Florida Orchestra Brass Quintet performed for the students. This semester, the department will host a free concert featuring Woody Barrette's New Tampa Jazz Ensemble. The concert takes place on February 24 at 7:30 p.m. in Selby Auditorium.

Anyone interested in joining a musical ensemble can contact Dr. June Hammond, Coordinator of Music, at june.hammond@saintleo.edu.

Today

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Opinions

EDITORIAL

Anti-marriage efforts: safety blanket for ignorance

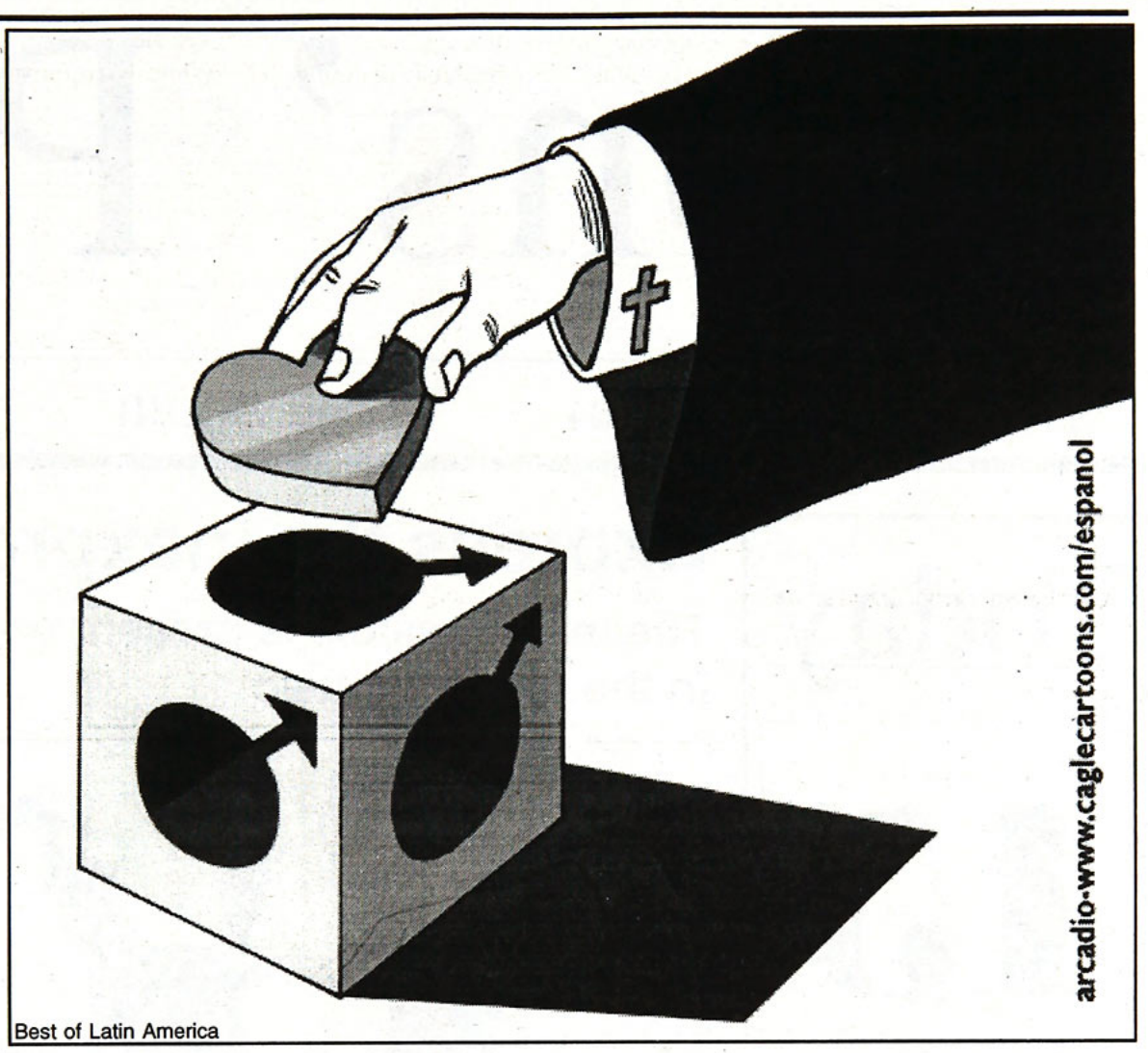
BY ROB FYRST
Badger Herald U. (U. Wisconsin)

(U-WIRE) MADISON, Wis. — Have you ever looked into the eyes of a 6-year old black boy when he asks you why people discriminate and your heart sinks that he even knows the word? Have you ever walked into a room and knew that you were not wanted because you were not the "right kind" of person for that crowd? Have you ever looked in the mirror and asked yourself, do I like the person looking back? I have.

It was five years ago, when my son asked me why people discriminate. It hurt me to know that he knew the word at such a young age. Why do people discriminate? In particular why do people discriminate and shroud it in moral superiority and religious dogma?

Marriage is a beautiful rite of passage in the relationship between two people. There is no such thing as "gay marriage." There is no such thing as "straight marriage." Legal definition: marriage is a contract between two individuals (which some states, like Wisconsin, define as one man and one woman). Religious definition: marriage is a union of two individuals in the sight of God. Yet we as a society have become bogged down in the quagmire of the debate without addressing the root of the question. Do individuals have the right to celebrate their union and/or create a "marriage contract" without being judged by the State? Do individuals have a right to be treated equally by a "government of the people"? Considering the history of my ancestors, my response is absolutely!

For many years, conservative zealots argued that allowing blacks to marry and interracially marry was not acceptable. And the message was similar. Many said that allowing the Negro to marry would lead to all kinds of problems that our society is not prepared to accept. Others proclaimed that interracial marriages would lead to a crack in the moral fiber of America. Mixed relationships were barely tolerated in the 19th and 20th centuries.



Best of Latin America

Many religious leaders decried these unions as anti-God. However, many of those relationships have survived as did God and the institution of marriage.

Twisting morality and religious faith into a safety blanket of ignorance is not an acceptable end for a country rich in diversity. The greatest commandment we receive is to love one another. This religious message is one that many choose not to recognize because it is inconvenient to their anti-those-not-like-me message. The fact that so many people believe that their marriage is threatened by the love shared between two other people is of great concern. When will we as a society discontinue trying to stop the spread of true morality ... love.

It is particularly moral when two individuals (gay, lesbian, heterosexual) decide their relationship is worth celebrating with friends and family in the eyes of God. When two such individuals choose to share their joys and their sorrows, their strengths and their weaknesses, their lives and their deaths together, society should rejoice that two more people are achieving the American dream. The celebration of the union of two individuals is sacred between those individuals. It does not risk other marriages. It does not lessen other marriages. But for some reason completely outside of a world based in reality, some people do not agree.

The politics of deceit is practiced by a lot of legislators (and student writers) who support some forms of discrimination. For centuries they have sold us the deed to the "truth" without bothering to ascertain its location. 'Blacks should not marry.' 'Interracial marriages will destabilize the population.' 'Gay marriage will destroy all families in our society.' And every time Americans are sold these parcels of deceit, we find that we have purchased a swampland of discrimination and injustice that takes decades to clean up.

It is time for good men and good women to say 'no' to the politics of deceit. We cannot afford to remain wrapped in a safety blanket of ignorance for it is freezing up the American dream.

Gays and lesbians being allowed to marry is not the threat to our society. Fear and discrimination are. And discrimination is an ugly word no matter how much you try to disguise it as moral and righteous.

WRITE HERE

The Lions' Pride newsroom is located in portable #4, which is on the west side of St. Edward's Hall. Our phone number is (352) 588-8195.

Send letters to the editor to lions.pride@saintleo.edu

Letters to the editor must be submitted with student's name, year, and major. Faculty and staff members must include rank and department.

Please include a phone number (not for publication) so we can verify authorship. All letters are subject to editing.

The Lions' Pride reserves the right not to publish any letter or column.

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"Freshmen 15" may only be a myth

BY KRISTIN MAYER
Daily Trojan (U. Southern California)

(U-WIRE) LOS ANGELES — Absorbed in a balancing act of academic, financial and social obligations, freshmen are tempted to adjust to their new surroundings by trading a healthy lifestyle for the comfort of midnight snacks at University of Southern California Trojan Grounds and desserts at Parkside.

But as some students adopt indulgent eating habits, weight gain might not necessarily expand the waistline in the dreaded, and some say mythical, form of the "freshman 15."

The freshman 15, the idea that incoming college freshmen tend to gain 15 pounds during their first year of freedom, is invalid, said Patrice Barber, registered dietician with Hospitality Services.

"I believe this is sort of like an urban myth — a collegiate myth," Barber said.

The danger with weight gain arises when students come to the university with the perception that the freshman 15 is inevitable.

"I talk to so many students, even at orientation during the summer. They get here and are already concerned because they have heard about it. Just like every group of people, there are some students who really have it in the forefront of their mind when they get here."

Students still see some truth behind the legend, however.

"It's probably more exaggerated to some extent, but the idea behind it is still there," said Margaret Chiu, a freshman majoring in economics.

"In high school I was on the varsity swim team so I would have a daily workout, but here I don't do much of a workout anymore."

She attributed this lifestyle change to a new environment in which she wants to spend time experimenting with new activities or hanging out with friends.

Derek Dummit, a freshman majoring in business, also sees some validity to the freshman 15.

"It's not universal, but it certainly applies to a large group of people," Dummit said.

He also mentioned the frequency of access to alcohol and said it might contribute to weight gain.

"A lot of people who aren't used to that access like to take advantage of the freedom," Dummit said.

The temptations extend to food choice.

"A lot of people are living off of fried foods. It's just an ease of access issue. Better food is usually harder to get or farther away," he said.

The variety of food in dining halls challenges Dummit to make wise decisions. "It's more what they put out and they put out a lot of starches. Pastas, burgers, French fries, things like that."

"It's pretty much just watching what you eat. Sometimes I just have to not completely fill myself up every meal. I can't have a burger every day," Dummit said.

The freshman 15 is a self-fulfilling prophecy for some, Barber said.

While the freshman 15 might be a myth, Barber acknowledged the potential to gain weight during the first year away from home.

"Your whole life has changed. There is a lot to adjust to and eating habits are one of those things," Barber said.

Donna Spruijt-Metz, assistant professor in preventative medicine, said that the freshman 15 is a cultural phenomenon.

The combination of an incredibly obese society, the need for time-management skills and an abundance of first-time freedom forces freshmen to learn to take care of themselves. Suddenly there is no one monitoring their food intake, Spruijt-Metz said.

"Children are on a tight leash until they go to college. They don't know how to cook. They often don't have the time," she said.

"College is one of the most difficult populations to intervene," Spruijt-Metz said. "These people are independent now. They want their freedom."

Bob Girandola, associate professor of kinesiology, said students have a tendency to turn to food in response to these changing surroundings.

"There's a lot of stress at the university and eating is a relief from that," Girandola said.

As the people in the United States are becoming more and more overweight, the term has shifted from the "freshman five" and the "freshman 10," Girandola said.

When students eat in a group with several people, they tend to consume more than if they were by themselves, Girandola said.

"Part of it is eating in a dorm situation where there's no checks and balances. You've got as much food as you want. There's no endpoint to it," Girandola said.

Spruijt-Metz recalled her own experiences at college.

"The only food I could get at night was from a vending machine. At USC you can get healthier choices slowly but surely. But you still have to make that choice," said Spruijt-Metz. "What's easily accessible and cheap is often high in calories."

"Fast foods are not so bad by themselves, but you meet the total day's supply with just one meal," Girandola said.

"It's difficult to be so disciplined. You have to be conscious about what goes in your mouth," Girandola added.

"Knowledge is power, especially when it comes to food," Barber said.

Barber said that it is much healthier for people to think in terms of servings from food groups than straight calories.

"We do have a distorted idea of what appropriate portions are," Barber said.

A combination of healthy food choices and a regular exercise plan can help to combat weight gain.

Barber said there is already a large focus on fitness in the region and that might be one reason many students avoid the freshman 15.

"The emphasis on health and

—FRESHMEN 15 PAGE 7

FOLLY AND FANTASY

The Fictitious Side of Saint Leo

The Lions' Pride is giving students, staff, and faculty the chance to share their literary creations with the Saint Leo community.

We are currently accepting short stories, essays, poems, artwork, and photography to be published in a special issue of The Lions' Pride, which will be called "Folly and Fantasy: The Fictitious Side of Saint Leo."

Literary entries must be fictitious, and artwork should be black/white.

All entries can be e-mailed to follyfantasy@juno.com or given to a staff member of The Lions' Pride.

Please include your name, class, major, and a small note about yourself and/or the work you are submitting.

DEADLINE: MARCH 1, 2004

A Tribute to Elaine R. Evans

A small glimpse into the life of a talented student athlete, daughter, and friend to so many.

BY RACHEL BLACKWOOD
Lions' Pride Entertainment Editor

Author's note: When I began to work on a tribute to Elaine Evans, I set myself the logical goal of trying to get to know her through the people who knew her and then portraying her in my article. I just as quickly realized that such a goal was unattainable. It's impossible to get to know someone in two weeks and even harder to portray her in a brief newspaper article. Instead, I present my humble attempt at a small glimpse into Elaine Evans's life and the people who loved her.

When Elaine Evans was six years old, she told her parents the only thing she wanted for Christmas was a trampoline. Her parents, thinking it might be too dangerous, kept asking if she'd like something else instead, but young Evans kept insisting that she only wanted a trampoline; she even prayed for it. When she started saving money to buy it herself, he parents conceded. That Christmas, Elaine Evans got her wish and received a trampoline, enjoying it with all her enthusiasm that never dwindled as she matured into adulthood. A family photo shown at her funeral portrayed Evans doing a full split in mid air above the trampoline.

At her funeral on February 8, her pastor commented on how that story embodied Evans' personality.

"Her father reminded me of the story, and we laughed," said Pastor G. Curtis Bradford. "That was Elaine."

The Evans family (parents and older sister) has deeply connected to their church, In The Name of Jesus World Outreach Center, since they moved to Florida. from Evansville, Indiana. Elaine's parents, Phil and Kathy, enrolled her in the Outreach Christian School in Odessa, which she attended for a decade from 1989 to 1999.

Evans's parents strongly believed that the education Evans received at the school built a foundation of faith and success in her life. Evans traveled to Trinidad on several mission trips, which included working with children. She also worked with disabled children at camp. As she grew, people remarked that Evans emanated a "Christ-like spirit." She touched many people at the church she attended.

After leaving the Christian Outreach School, she attended Gaither High School in Tampa. She was a member of the National Honor Society and played three sports: volleyball, basketball, and track. Evans was a four-year letter winner on the varsity basketball and volleyball teams, the 2003 Hillsborough County Girls Basketball Player of the Year, and Homecoming Queen.

Classmate Traci Campbell remembered how she and Evans walked into school together as freshmen; Evans would patiently wait for Campbell, even if she was late. Campbell expressed that she knew Evans was waiting for her now in heaven. Another classmate, Joseph Farmer, remembered how Evans would act like "one of the guys," tackling him in the hallway on occasion. Another friend recalled how Evans had helped him when he battled with addiction. She always encouraged her friends, classmates, and teammates in whatever they did.

Evans excelled at basketball, going on to play on the Tampa Bay Elite team and one of the All-Suncoast Girls basketball teams.

Brad Gordon, who coached the Elite team, remembers Evans for her "sweeping left hook," and her ability to "get her body into the most awkward positions and still make the shot."

In April 2003, she received the 10th Annual Dottie McGahagin award, which is given to the top girls basketball player in Hillsborough county. Evans was Gaither's first 1000-point scorer, leaving the school with 1535 points scored total. She earned the respect of teammates and coaches, who admired her skill, dedication, optimism, cheerful personality, and sense of humor. Teammates felt they could always rely on Evans on the court.

"Elaine would whisper things to make me laugh or be singing a song during practice or games," former teammate, Michelle Willis, told The Tampa Tribune.

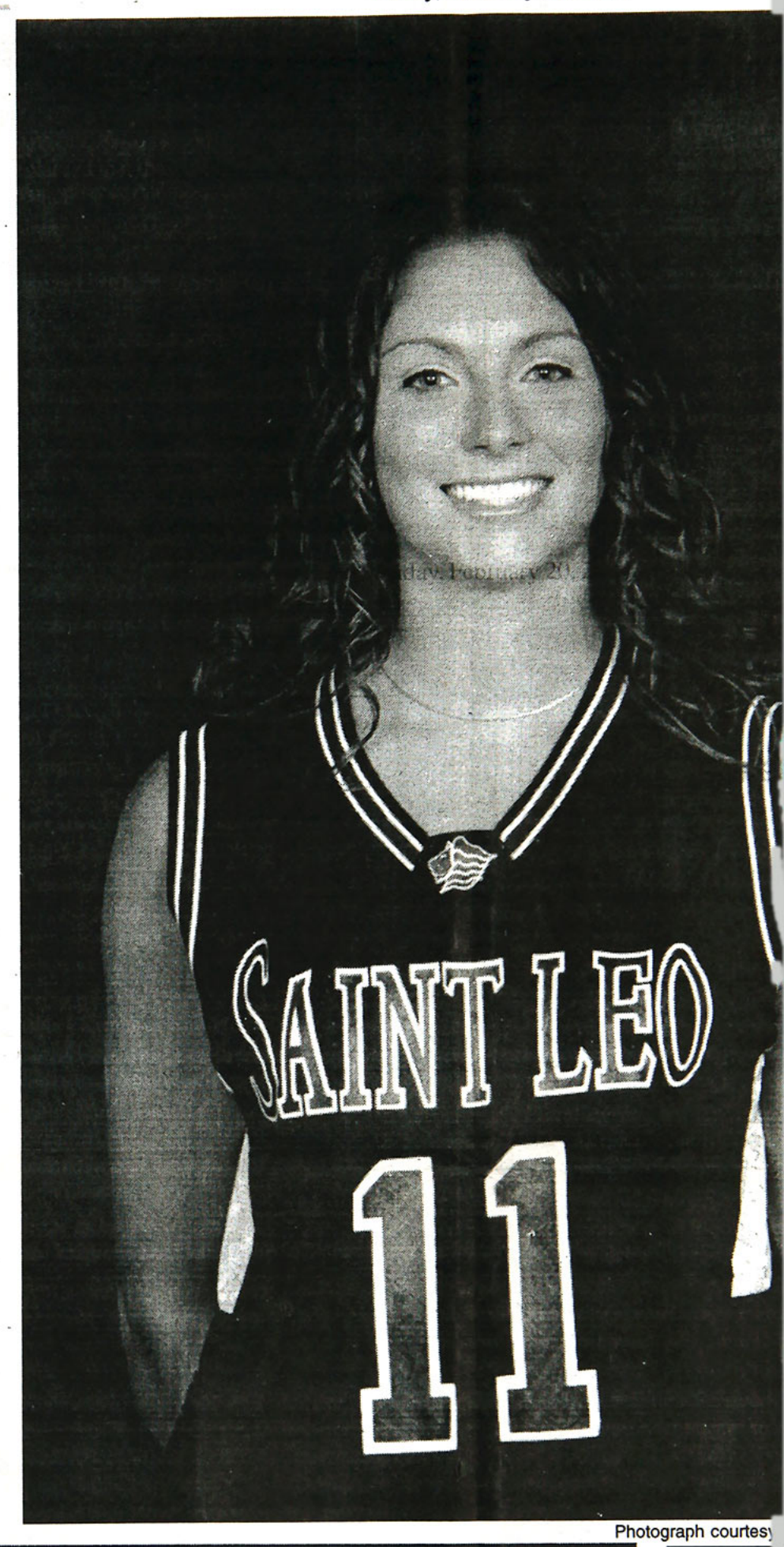
Willis was not the only person to remember Evans singing.

After graduating from Gaither, Evans came to Saint Leo. Basketball coach Kerri Reaves remembers Evans singing and dancing in front of the mirrors in the weight room.

From the beginning, Reaves knew that Evans was just what she was looking for in a Saint Leo athlete. The freshman from Gaither fit in well with her teammates, and they developed a good relationship.

"I think they respected her for her work ethic and her personality," Reaves commented.

Evans enjoyed wearing her #11 jersey not only because she was born on January 11, but also



Photograph courtesy

Photographs by Rachel Blackwood

Photograph courtesy of Jillian Kornick

Photograph courtesy of SLU Athletic Department

because she joked that it meant she was #1 twice. Although her team was having a tough season, Evans continued to encourage them and didn't let failure lower her spirits.

"Her team was going through a difficult season, and yet you never saw that in her," remarked Fran Reidy, director of athletics. "She was just a great, beautiful young woman, very popular, very personable."

Evans was always ready with a smile for her teammates and would do something goofy to make them laugh. While in the weight room, Evans would dance in front of the mirrors whenever a song she liked came over the radio. Reaves remarked that Evans loved lifting weights, "She loved being strong." Evans was strong in her support for her team during a tough season. "She was just a treasure," Reaves stated.

Evans started 13 games this year at center for the women's basketball team, and she saw action in all 19 games she played. She averaged 5.6 points and 5.6 rebounds.

Even though Evans, a sports management major, only attended Saint Leo for a short time, she made an impression on her fellow students. The first thing freshman Jillian Kornick noticed about Evans was that she was wearing camouflage Capri pants. One of the first things Evans said to Kornick was that she must be a Southerner because she said "ya'll." The two girls realized Southern heritage was something they had in common. Evans loved wearing cowboy hats. She also wore Southern-themed t-shirts, her favorite of which said, "Cowboy butts drive me nuts." In fact, Evans brought her own dresser to school in order to fit her t-shirts (and other clothes) into the small dorm room in Snyder.

When she first came to Leo, Evans drove an old Nissan Sentra. Some mornings the car wouldn't start; Evans and her friends worried that it might not be able to make it over the speed bumps on the service road. However, a short time later, Evans was extremely excited when she received her truck.

Kornick explained that she and Evans hung out several times a day and shared many meals together. Their favorite meals were mac 'n cheese and Easy Mac, which they ate together quite often. The day Evans died, she and Kornick were supposed to meet for lunch and have mac 'n cheese.

"I will continue to eat mac 'n cheese whenever the cafeteria offers it," Kornick said.

Kornick went on to explain that Evans got along extremely well with her roommate, even though they were opposites; they enjoyed watching the Disney channel together. Evans's friend Mary Brodbeck remembered tucking the two roommates in at night. She would turn off the TV, put on their Jars of Clay CD, wish them goodnight, and turn off the light.

Evans's friends admired her in many ways. Some of them even shared the motto, "Be like Elaine." They respected her faith and her positive attitude: "Even if she was having the worst day ever, she always smiled," Kornick recalled. Friends of Evans, at Saint Leo and in Odessa, repeatedly praised the way she encouraged other people.

"She definitely made me believe in myself more than anybody I've ever met in my entire life," Kornick stated. The people who knew her and spoke at the memorial service for her thanked Phil and Kathy Evans for bringing Elaine Evans into the world so that they could spend time with her. Kornick and Brodbeck explained that they were jealous of all the time the Evans had spent with Elaine because each moment was a "diamond."

Evans enjoyed her time at Saint Leo immensely: "She loved every aspect of Leo," Kornick explained. "She loved her view in her room."

As the Saint Leo community gathered on February 3 for a memorial service, Evans's jersey, basketball shoes, and favorite hats were brought up to the altar along with the traditional gifts of bread and wine. The objects represented Evans's life and the gifts that she brought into the lives of those she knew. Her deep faith was exemplified by the Scripture passages she had marked on her shoes:

"I am racing for the prize to which God calls us upwards to receive in Christ Jesus." (Philippians 3:14)

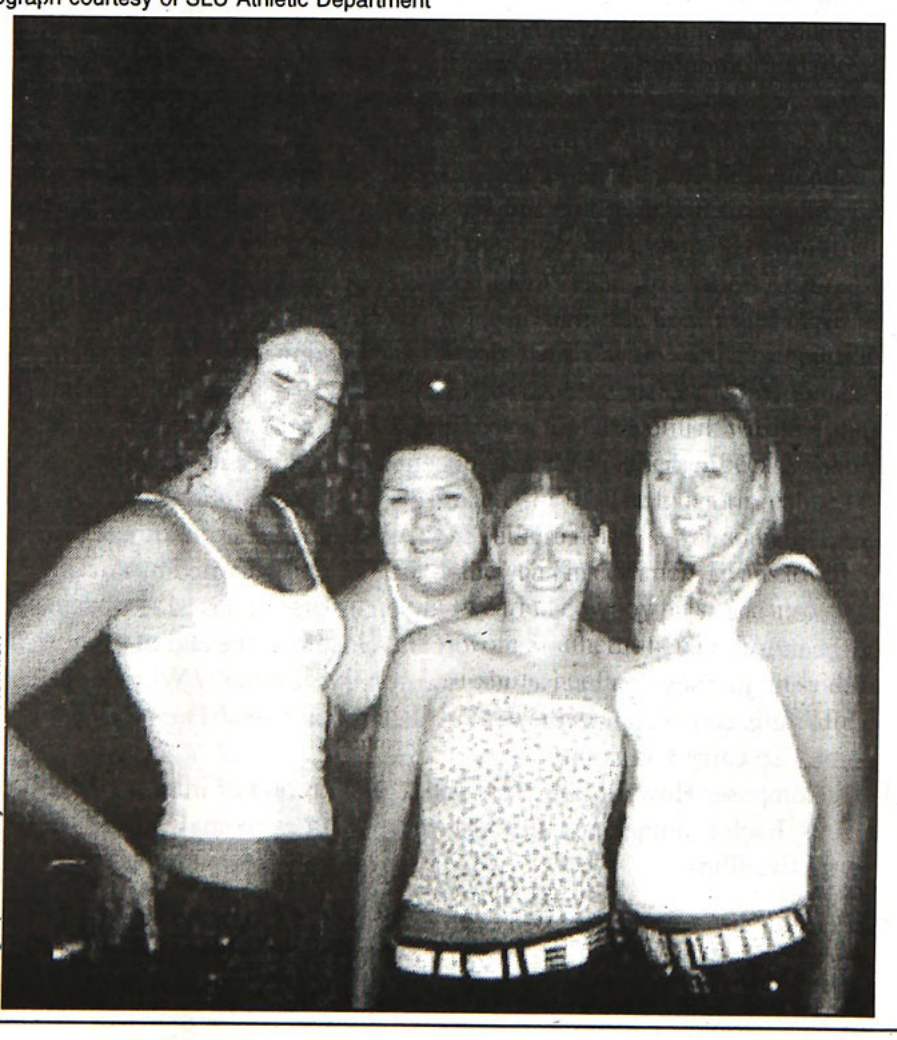
"The name of Yahweh is a strong tower; the virtuous one runs to it and is secure." (Proverbs 18:10)

Fr. Michael Cooper of Saint Leo and Pastor G. Curtis Bradford of In The Name of Jesus World Outreach Center both remarked that they were sure that Evans had reached her prize: Jesus Christ; she was united with Christ in death. As a tribute to the joy of Evans's life, a memorial fund has been established in her name that will fund the construction of a playground at the Outreach Christian School.

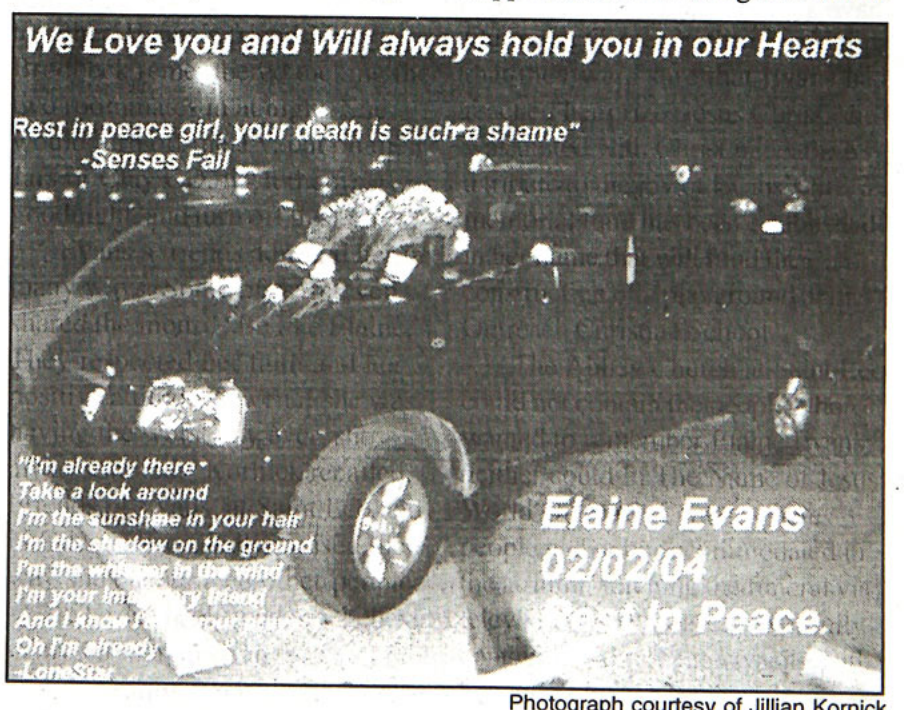
The Abbey Church at Saint Leo could not contain the people who wanted to remember Elaine Evans; neither could In The Name of Jesus World Outreach Center, where people had to be accommodated in the atrium, watching the funeral via television. No words can ever fully contain or express the vivacity with which she lived her life or the happiness that she brought to others.

"I am racing for the prize to which God calls us upwards to receive in Christ Jesus." (Philippians 3:14)

"The name of Yahweh is a strong tower; the virtuous one runs to it and is secure." (Proverbs 18:10)



Photograph courtesy of Jillian Kornick


We Love you and Will always hold you in our Hearts
Rest in peace girl, your death is such a shame"
-Senses Fail
"I'm already there"
Take a look around
Elaine Evans
02/02/04
Rest In Peace.

Photograph courtesy of Jillian Kornick

Left to right: Elaine's Saint Leo women's basketball portrait; A candlelight vigil was held on Sunday, February 8 on campus to celebrate Elaine's life; Elaine with friends Lynsey Davis, Jillian Kornick, and Jenny Curran; Elaine's truck was covered with flowers and memories after her death.

Arts & Entertainment

DVD REVIEW

The Order

BY JULIA CARROLL
Lions' Pride Staff Writer

The Order is an R-rated religious movie, written and directed by Brian Helgeland. It stars Heath Ledger, Mark Addy, Shannyn Sossamon (all of who also starred in Helgeland's *A Knight's Talk*), and Benno Fürmann who is mainly known for his work in Germany. The film is a religious thriller. It stars Ledger playing Alex Bernier, a priest ordained in the Carolingian order. When the head of his order, Dominic, dies, it is left up to Alex to find out the truth behind the mystery surrounding his death. Alex gets the help of the only other member of his order left alive, Father Thomas (Addy) as well as a girl he once performed an exorcism on named Mara (Sossamon).

Alex discovers strange markings on Dominic's body that leads him into a search for the murderer of his mentor. While on this search, Alex discovers that he is chasing after The Sin Eater, William Eden (Fürmann), a mythological being who lives for thousands of years. The creature takes on the sins of those who have been excommunicated by The Church, or those who were unable to have last rites, preventing them from entering Heaven.

Soon after meeting Eden, Alex delves deeper into the hidden secrets of The Church. Eden and Alex form a slightly distorted friendship. Eden helps Alex to discover that there are things outside of The Church and the difference between the freedoms of being a priest and the freedoms of being a man. Eden leads Alex to his love, Mara, and helps Alex gather the truths he desires.

Alex then finds Eden's "true colors." He finds that Eden is not trying to befriend him but instead trying to make him into the next Sin Eater. Alex finds out that Eden has been the major cause of all of the traumas in his life that helped shape the person he ws to become, even going so far as to kill Alex's love.

Alex becomes enraged at Eden and seeks to kill him. Through this search, Alex finds that dark powers are about to rise within the Catholic Church, with the current pope on his deathbed and a new "dark pope" on the rise (Peter Weller). In Alex's quest to kill Eden, he struggles with losing himself in the process.

The movie itself was different from what the advertisements and trailers suggested. It was promoted as the story of a rogue priest fighting the inner workings of the church; the plot was different. Nonetheless, it was a good movie. It had a few slow points. It is a move one must pay careful attention to understand the whole story. It delves deep into Catholic mythology and secrecy with in the Catholic Church. *The Order* DVD was distributed by 20th Century Fox Home Entertainment. The DVD contains a variety of extras on a very easy to navigate menu. On one side of the disc, there is a wide screen version of the movie with extras, and on the other side there is a full screen version of the movie. The extras include scenes that have been deleted from the move as well as some bloopers. The bloopers, however, are not very noticeable. There is also a director and cast commentary and the original trailer for the movie. On the full screen side of the DVD, there are only the commentaries.

The Order, over all, is a cult movie. You have to like the general idea of the movie to even truly understand it. Many people gave is bad reviews because they did not understand the concept of the movie or because it was not "their type" of movie. I, personally, think it was a very good movie. The cinematography was wonderful in the way it showed not only the gorgeous architecture of Rome but also conveyed a wonderful emotional quality. I defiantly recommend renting or buying *The Order* on DVD or VHS.

MUSIC REVIEW

"Lord of the Soundtracks"

BY RACHEL BLACKWOOD
Lions' Pride Entertainment Editor

When I purchased the soundtrack for *Lord of the Rings: the Fellowship of the Ring*, I figured I had it made. I assumed that the soundtracks for the other two movies in the trilogy would sound pretty much the same. After receiving the other two soundtracks as gifts, I learned that I was very wrong.

Each of the *Lord of the Rings* (New Line Cinema) soundtracks by composer Howard Shore is unique. Naturally, they all have recurring themes and are sweeping scores that accompany the epic films and stand as great music on their own.

The Fellowship of the Ring score is the most widely varied of the three. It begins with playful tunes on the flute, oboe, and violin to introduce the Hobbit characters; the melodies are delightful, light, and have a Celtic flavor. However, much of the rest of the tracks are riddled with fierce music to accompany scenes of pursuit by the evil Nazgul. The soundtrack as a whole builds on itself before falling off into a conclusion. A large chorus drives along some of these pounding selections, singing in English, Elvish, and other languages of Middle Earth. These driving choral sections are accompanied by heavy brass and strings, with some drums. These dark, foreboding moments are also contrasted with high, haunting Elf melodies, usually sung by a soprano. New Age artist Enya composed and performed two pieces for the soundtrack. Each of the soundtracks ends with a vocal selection in English that plays during the credits. Enya's "May It Be" is poignant and uplifting, including the lyrics, "May it be an evening star / Shines down upon you / May it be when darkness falls / Your heart will be true."

The soundtrack to the second film, *The Two Towers*, is a remarkable contrast to the first film. While the first soundtrack soars with dramatic choral arrangements, the second features simpler, earthier themes. As pointed out in the liner notes, this is because the second film is centered around the race of men in Middle Earth. Choral arrangements, with lyrics inspired by Old English, do recur throughout the tracks now and then; they tended to float above the dominant melody. However, the brass and strings are featured more often in this score. Most prominent of all is the stirring theme of Rohan, which is played on the Norwegian fiddle by Dermot Crehan. The dramatic pieces are flowing and rolling, rather than driving and soaring; in the film, this accompanies the images of the fields of Rohan and the barren border of Mordor. The music for the Battle of Helm's Deep is tribal in nature, with pounding drums and brass. The soundtrack is completed with the utterly other-worldly solo entitled "Gollum's Song," performed by Emiliana Torrini. The vocal performance is at once challenging, mournful, and childish. Torrini allows some of the notes to slide and drift off (seemingly) half-finished. The effect is completely unnerving and yet profoundly moving. The haunting melody is accompanied by the lyrics, "So in the end / I will be – what I will be / No loyal friend / Was ever there for me / Now we say – goodbye / We say – you didn't try."

The soundtrack for *The Return of the King* brings the films to a conclusion. The foreboding of the first score and the expectation and struggle of the second are answered in the third by hope and acceptance. The woodwinds make a comeback in the third score, featured throughout. The brass is given royal melodies to herald the eventual triumph of the king and the forces of good. The strings and brass accompany each other and play off each other throughout the score. For the lighting of the beacons of Gondor, the strings begin the piece with an arpeggio-inspired melody; the brass punctuates this with a rising counter-melody. By the end of the piece, the brass has emerged as the dominant melody, and the strings fall back to the accompaniment. The score is not entirely optimistic, as there are some passages that are mournful, lamenting defeats along the way. These passages are intoned by various instruments, including panpipes. Actor Billy Boyd, who played Pippin, sings a stunning, sorrowful Hobbit song. Viggo Mortensen, who played Aragorn, also sings a song in Elvish, which he composed himself (lyrics by Tolkein). Featured throughout is world-renowned flutist Sir James Galway; his soaring, stirring flute melodies can be heard in the midst of battle scenes as well as accompanying softer, emotional sections The end of the soundtrack returns to the playful Hobbit themes introduced in the first film. The soundtrack concludes with the simple song "Into the West" performed by Annie Lennox. The straight melody is moving on its own and is accompanied by beautiful lyrics that bring comfort and closure to the end of this cinematic journey: "What can you see / on the horizon? / Why do the white gulls call? / Across the sea / A pale moon rises / The ships have come / To carry you home."

Composer Howard Shore has much to be proud of in these three scores. Each is unique and uniting, works of art even apart from their respective films.

Four-year college experience no longer the norm, statistics say

According to the National Center for Education, only one-third of college students are graduating within four years.

BY LAUREN KAMM
The Daily Iowan (U. Iowa)

(U-WIRE) IOWA CITY, Iowa — Most students are familiar with the term "super senior," but with an increased number of students taking longer than four years to earn a bachelor's degree, the term may have to be amended for students who need more — as many as six or seven years — to graduate.

The National Center for Education released preliminary statistics based on a study of one million students, showing that, nationwide, 33.1 percent of students who started college full-time in fall 1996 graduated in four years.

The study also indicated that 16.5 percent graduated in five years and 5.1 percent finished in six years. The remaining students took longer to earn a degree or never finished at all.

"At least half of all students who have entered a four-year institution have failed to realize their dreams and aspirations that led them there in the first place," Watson Scott Swail, the president of the Educational Policy Institute, wrote in the January issue of The Chronicle of Higher Education.

But while institutions create a picture of slacker students and overloaded classes, Lola Lopes, the University of Iowa associate provost for undergraduate education, said she thinks otherwise.

"Iowa's graduation rate is actually quite high," she said. "Our four-year graduation rate is about 37 percent, and we are very proud of that because that is a higher number for public institutions that admit a broad range of students."

The UI has undertaken two key approaches to raising the graduation rate, Lopes said. In 1995, the university implemented a four-year graduation contract in which the school promises that a student will graduate in four years without being delayed by the unavailability of classes.

"That is a major commitment from the university to make sure no one gets slowed down because of our fault," she said.

For UI students who enrolled before the plan was established, 33 percent graduated in four years from 1991 to 1994. From 1995 to the present, the percentage has remained steady at approximately 37 percent, according to a university report.

More recently, the university created a college-transition class that helps students adjust to the university, which in turn lowers the transfer rates, Lopes said. Transfer rates are important because they significantly lower the graduation rate, she said.

Despite the university's statistics, some students are still having difficulty graduating in four years.

Aaron Lagneaux, a UI sophomore and pre-journalism major, doesn't anticipate earning a bachelor's degree in four years. He entered his freshman year fall semester as a pre-business major and plans to change again to pre-law.

"Between switching majors and all the different course requirements, it is hard to graduate in four years," he said.

But he expressed no regrets and said he loves college.

"Graduating in four years is like leaving a party at 9 o'clock," he said.

Grads make more money

With the overall economy starting to pickup, graduates in 2004 are expected to earn 12.7 percent more than previous graduates.

BY EMILY KLEIN
Iowa State Daily (Iowa State U.)

(U-WIRE) AMES, Iowa — Graduating in May? Good timing. College graduates hired in 2004 are expected to make more money than those from the past two years.

The National Association of Colleges and Employers reported an expected 12.7 percent increase in hiring of college graduates in its latest quarterly starting salary survey, which was released earlier this month.

"The overall economy started picking up in the last half of 2003, so future labor needs have been increasing," said Peter Orazem, professor of economics.

Larry Hanneman, director of engineering career services, said he wasn't surprised to hear there was an expected increase in starting salaries.

"I'm not surprised to see an increase, given that we're seeing an increase in recruiting activity this year compared to last year," Hanneman said.

The National Association of Colleges and Employers reported computer engineering and chemical engineering are at the top of the list for the most lucrative college degrees. Both disciplines showed a slight increase in starting salaries since last year.

Computer engineering starting salaries reached $53,117, a small increase from last year, while chemical engineering salaries have risen 2.5 percent to $52,563.

"[The] need for quantitative skills has increased over the last 20 years, which is why we see an increase in engineering, especially," Orazem said.

The National Association of Colleges and Employers reported employers also indicated hiring increases for computer science, information sciences and systems and management information systems majors, none of which has seen an increase since 2001.

Computer science majors' average starting salaries increased 8.9 percent to $48,656, and management information systems graduates are looking at starting salaries around $41,100, a 1.3 percent increase over last year.

Computer science is becoming a part of daily life for virtually everyone, so salaries will increase to fulfill demand, said Drew Miller, senior in computer science.

"We'll probably see a lot more people going into the field in the next four or five years," Miller said.

He said he plans to graduate in May 2005 and pursue a career with legal software in Iowa.

"I'm in computer science because I find computers fascinating, and the fact that it's a relatively lucrative career is just a bonus," Miller said.

Liberal arts majors are also expected to see a starting salary increase of 3.5 percent this year. Despite the increase, the major continues to rank on the lower end of the starting salary scale. Salaries offers in 2004 are estimated at $30,153.

Miller suggested students move forward with cautious optimism. He said it's important to remember that sometimes students with majors that have very high average starting salaries also have fewer job offers to choose from.

Hanneman said persistent effort often leads to jobs.

"I think that students were concerned by what they read and saw in the media [about the economy], but those who put forth a proactive effort will be successful," Hanneman said.

Though the colleges and employers association reported salary increases for about two-thirds of college majors, some others are expected to suffer a small decrease.

Psychology majors are estimated to see an 8 percent decrease, taking their average starting salary down to $25,032.

Orazem said he doesn't see any reason for students to worry if their major is expected to have lower salaries this year.

"Your first job is not your last job. Firms will train you, so if you're trainable you will be of value to them," Orazem said. "A major doesn't lock you into one job — just be flexible."

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fitness is greater than it has ever been. It might be more prominent in Southern California than in other parts of the country. The pressure to be thin is also greater," she said.

Society as a whole needs help with stress relief, and that exercise provides a solution, Barber added.

Exercise is a good substitute for excessive eating, Spruijt-Metz said.

"In the incredible stress of going to college, kids might use food to regulate mood. Exercise is a much better way, but it's harder to do. It is easier to grab a hamburger or some candy. So when you have the choice, choose exercise," she said.

"Energy in, energy out is the bottom line. If there's not an energy balance you're going to gain weight," Spruijt-Metz added.

"I don't want to leave out one of the big factors and that's exercise or lack thereof. I tell people they have to make room for exercise each day.

Whether it's walking or going to the Lyon Center," said Girandola.

"The best thing is to find something you and a friend can do," Girandola said.

"People actually need to work at being healthy. If you can't control it, you will end up suffering for it," he added.

Sports

Opening NFL draft to teens is dangerous

BY JAMES KUTKOWSKI
Daily Mississippian (U. Mississippi)

(U-WIRE) OXFORD, Miss. — You have been weighed; you have been measured; and you have been found wanting... welcome to the new world."

This was one of the important lines in the classic movie, "A Knight's Tale."

That line can now be applied to the hundreds of high school and young college football players who are now able to enter the National Football League entry draft.

Federal Judge Shira Sheindlin sided with former Ohio State running back Maurice Clarett last week in an antitrust lawsuit against the NFL, allowing players with less than three years of college experience to enter the NFL draft.

The ruling has opened the floodgate for these young talents to enter the draft only to fizzle like most 18-year-olds in professional sports.

For every Kobe Bryant who is a star from day one, there are 10 Alexandre Daigles and Rick Ankiels who crash and burn in sports' hottest spotlight.

Clarett can now enter the NFL draft. Perhaps he will be a star, but the jury will be out for about 10 years on that one. But for every Clarett, there may be 100 or more players who are not ready for the pros, and who may not even be drafted or may throw their careers away before they start.

These players need time in college, not only to learn about football but also about life.

This time is crucial to the development of people who will have enough money to buy anything.

They must learn how to exist without, or they will almost certainly be doomed to spend it wildly and live irresponsibly.

Mike Tyson is the perfect example of this problem. When he was on top, he was the best boxer in the world and commanded millions of dollars per fight.

He declared bankruptcy a few years ago and seems to be fighting just to pay for his overactive appetite for an expensive lifestyle.

Some ask why I would not rail against the National Basketball Association, Major League Baseball or the National Hockey League drafting 17 and 18-year-olds. Some say it is a race thing, but it most definitely is not.

The NBA is an exception — at 18-years-old, you can be physically capable of being a star. In the NFL, that is not the case. At 18, you are not at your full body weight and strength, key factors in being successful players.

While strength helps in basketball, it is not a prerequisite. There are many tall basketball players who weigh under 200 pounds and make their livings as outside shooters.

They do not get tackled on every play (unless they are playing the Portland Trailblazers), so the wear and tear is not the same.

The NBA teams are also in a position to monitor their young players more closely. While there are 50-plus players on an NFL roster, there are only 12 on an NBA squad. A player could go astray much more easily on an NFL roster.

There is also the reality that a great majority of NFL roster players come from poor, underprivileged backgrounds.

This is not racism; it is a fact of life. Blacks dominate the NFL these days, and many of them have not had the good fortune of a good childhood.

Many of these players have to learn about life and about how to be an adult on their own, and it is not hard to see how someone from a broken home in an area riddled with gang-violence and crime would not be able to handle the spotlight or the millions of dollars that come with it.

This is not to say that 18-year-old draft picks in baseball and hockey cannot, and do not, come from the same types of backgrounds, but in MLB and the NHL, there are three, four and sometimes five tiers of minor leagues before players get to the big show.

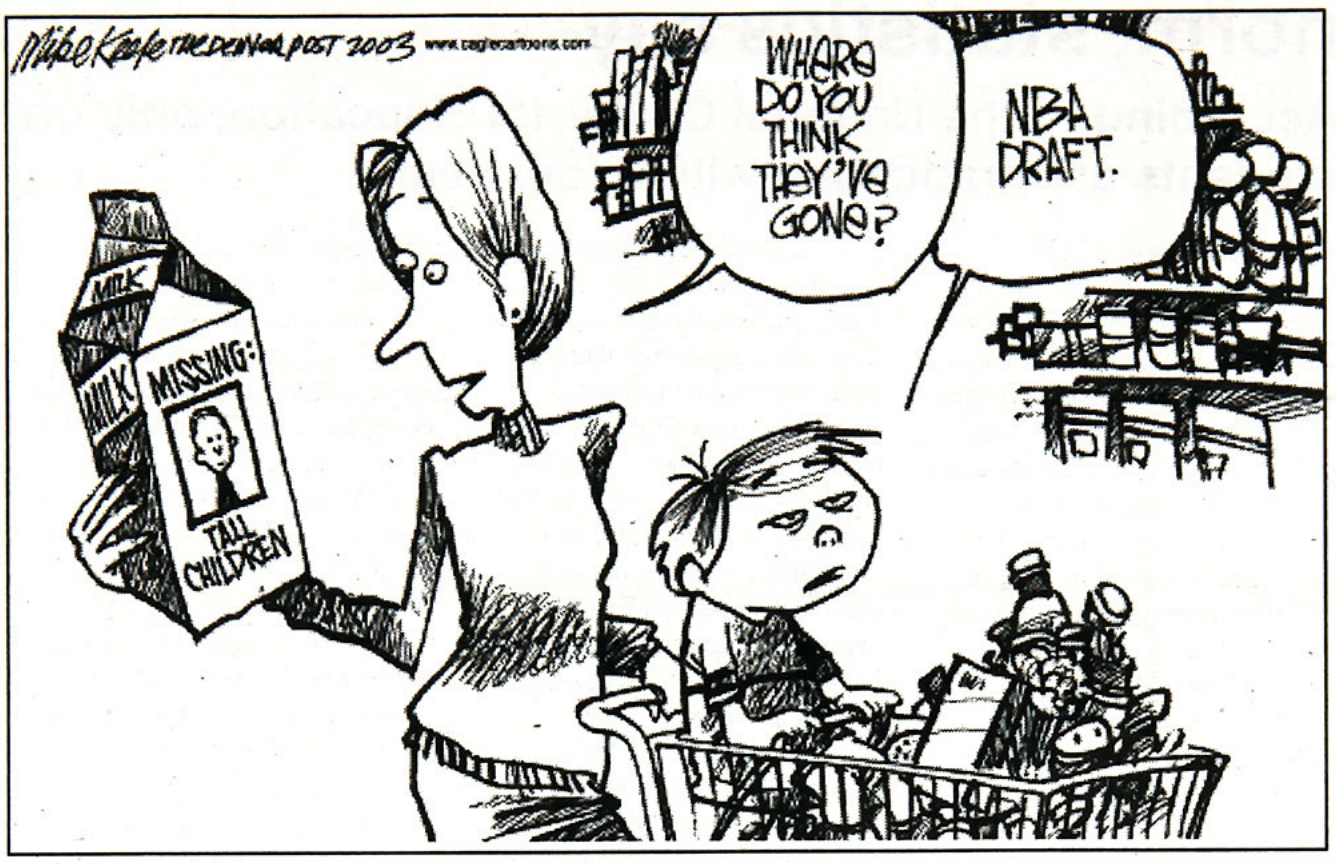
Rarely does an NHL draft pick start straight at the top, and I cannot think of an MLB player in the last 10 years who did not do some time in the minors.

The structure of these leagues is the equivalent of the college system for football and basketball.

Until the NBA and the NFL create real minor league systems, they will always face the problem of the guy who is not made for college and not ready for the pros.

Until then, the flaming out of a number-one draft pick is inevitable, and the personal disasters of young players are doomed to destroy their lives and embarrass their professional sport.

Welcome to the new world.



Tom Brady = Joe Montana?

BY MATTHEW McGOWAN
Lions' Pride Staff Writer

SAINT LEO - For all the hype and wait, Super Bowl XXXVIII lived up to the billing. In an obvious David vs. Goliath battle the Carolina Panthers took on the New England Patriots. The Pats, winning their second Super Bowl in three years went into the game winning 15 straight games with a quarterback, Tom Brady, who had never lost a playoff game in his career. The story of the game was Tom Brady, the Super Bowl's Most Valuable Player. Brady is one of the youngest quarterbacks to win the Super Bowl and only the fourth quarterback to win two. He has done this in his first three seasons, and there is a good chance that he will win more. Because of his success, he has drawn comparisons to one of the best ever, Joe Montana. They have many similarities. One of the largest similarities is the ability each has to lead his team and lead them even better when losing late in the game. Brady's composure in the clutch, in high pressure situations, is what makes him one of the best in the business. He is quoted as saying, "I don't mind being down late in the game because when I get the ball I know what to do." Joe Montana was the master of the come-from-behind victory.

In this Super Bowl Brady went 32 for 48 with 354 yards. His 32 completions were a new Super Bowl record. The comparisons to Joe Montana though are somewhat ridiculous. One of the reasons is that Brady was not even the best quarterback, statistic wise, in his conference. Brady also has not proven himself far enough over time to be compared to the great Hall of Famer. In this Super Bowl though, the Patriots were able to pull out the victory with a last second field goal. Tom Brady and the Patriots look like the making of a dynasty with a bright future, containing one of the best quarterbacks, a great coaching staff, and four draft picks in the first two rounds of next years draft.